2025 CAST

PENTATHLON - OCT 4th

SR MEET – OCT 5TH
Meet Information
GRANITE HILLS HIGH SCHOOL

Coaches and team administrators:

Please distribute this to your families that are attending the meet.

Tarps and Team Areas:
Teams are allowed to set up in locations that doesn't affect the safe and effective flow of traffic or cover the snack bar area. Teams may set up outside the pool area on the blacktop west of the pool.

Safe Sport: No photography behind the start area/blocks. No parents behind the start area/blocks unless timing.

Check in: Opens at 7:15 am. Check in is required for all events and closes at 8:30. ONLY swimmers and Coaches are allowed in the check in area.

Bathrooms: Locker rooms are for swimmer and adult use. Due to this, no swimmer changing is allowed in the locker rooms. The single use bathrooms just east of the pool deck on the other side of the building can be used for changing. Teams should bring personal changing tents.

Clean Up:
Coaches/Teams are required to make sure their area is clean and clear before leaving.

A Very Limited <u>Snack</u> Bar will be available

Timing System
We will be utilizing the Time Drops timing system at the meet. Unlike our meet in October, we will have touchpads to use. It is likely that we will have the scoreboard at this meet. One of the advantages of this system is that your phones also become a scoreboard. You will be able to see running times of the heats from any location as well as names and results of the swimmers. **These results are unofficial**, as you will be seeing the raw data as it comes into the meet admin. The official results, as usual will be posted on the wall, after being checked and verified as well as adjustments for DQ's.

Meet mobile will also be available at this meet.

Make sure you charge up your phones in advance. <mark>Please visit the google play store or the apple store and download **Time Drops Live!.**</mark> Once we seed and load the meet (right at meet start) you will be given the four-digit access code and will be able to see all of the heats, heat results, and switch back and forth between heat results view and the live scoreboard view.

Estimated Meet Length
See estimated timeline

Trophies (Pentathlon only)
This is a trophy meet. The scoring is cumulative over the 5 events, using the hytek points system. The top 8 overall point earners in each age (8&u, 9,10,11,12,13,14) will receive trophies.

Warm-up notes
Saturday we have 2 x 35 minute warmups available. With approximately 100 swimmers (5-6 swimmers per lane) in the first session and approximately 120 swimmers (6-7 swimmers per lane) in the second session. There are no assigned lanes for warmup.

Sunday – open warmup 7:30 – 8:45 – approximately 150 swimmers in the meet.

Warm-up assignments - SATURDAY:
Warmup 0: 7:10-7:40 CAST
Warmup 1: 7:40- 8:15   PS, SBA, SOL, CSTE, SEA, MRA, MVY
Warmup 2: 8:15 – 8:50 RSD, NCA, JBST, SDSA, CALI, ICAC, RYAN

Timing assignments – SAT

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
PS	PS	NCA	SBA	RSD	RSD	JBST	SOL		
PS	NCA	NCA	SBA	RSD	RSD	JBST	CSTE		

Timing assignments – SUNDAY
Please note that swimmers must provide their own timers and counters on Sunday for the 500, 1000, and 1650 events beginning around 11:30

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
NCA	NCA	NCA	SBA	SEA	CSTE	JBST	MRA		
NCA	NCA	SBA	SBA	SEA	CSTE	SDSA	ICAC 9-10:15 RYAN 10:15-11:30		

See you at the pool

--- The CAST Team ---